Laura Stec is a San Francisco Bay Area chef and environmental advocate who teaches about the artistry, health, and energetics of cooking. She trained at the Culinary Institute of America, the School of Natural Cookery, and the Vega Macrobiotic Study Center before starting her own personal chef/catering business, Laura Stec—Innovative Cuisine, and joining Kaiser Permanente Medical Group as their culinary health educator. Since 1989, Stec has been promoting the idea that *one of the most positive effects we can have on the environment begins on our dinner plate*, a message she continues to expound upon at Acterra, an environmental organization she has served with for twelve years. With over twenty-five years' experience in the food industry, Stec now partners with EcoSpeakers.com to lecture and consult with corporations and institutions on ways to bring in regionally responsible food systems.

Dr. Eugene Cordero is an associate professor in the Department of Meteorology at San José State University in California. His research interests are focused on using observations and climate models to understand the processes responsible for long-term climate change. He is a coauthor for the World Meteorological Organization/U.N. Environmental Programme 2006 Ozone Assessment report and is presently involved in projects related to the Intergovernmental Panel on Climate Change Fourth Assessment Report. Dr. Cordero teaches courses in climate change and works to improve methods of public education that engage and stimulate social change.

Take the bite out of global warming!

What we eat *does* have an impact on our planet, and you can have better-tasting, higher-quality food by following the advice in this book. *Cool Cuisine* provides you with the scientific facts, helpful tips, and great recipes you need to fight global warming.

Together we can make a great meal and a great difference.

COOKBOOK/SUSTAINABLE
ISBN-13: 978-1-4236-0392-4
ISBN-10: 1-4236-0392-3
52499
9 781423 603924
GIBBS SMITH
TO ENRICH AND INSPIRE HUMANKIND
WWW.GIBBS-SMITH.COM

COOL CUISINE

Stec / Cordero

GIBBS SMITH

COOL CUISINE

Taking the Bite Out of Global Warming

Laura Stec

with **Eugene Cordero, Ph.D.**

creators of GlobalWarmingDiet.org

$24.99 U.S.

COOL CUISINE

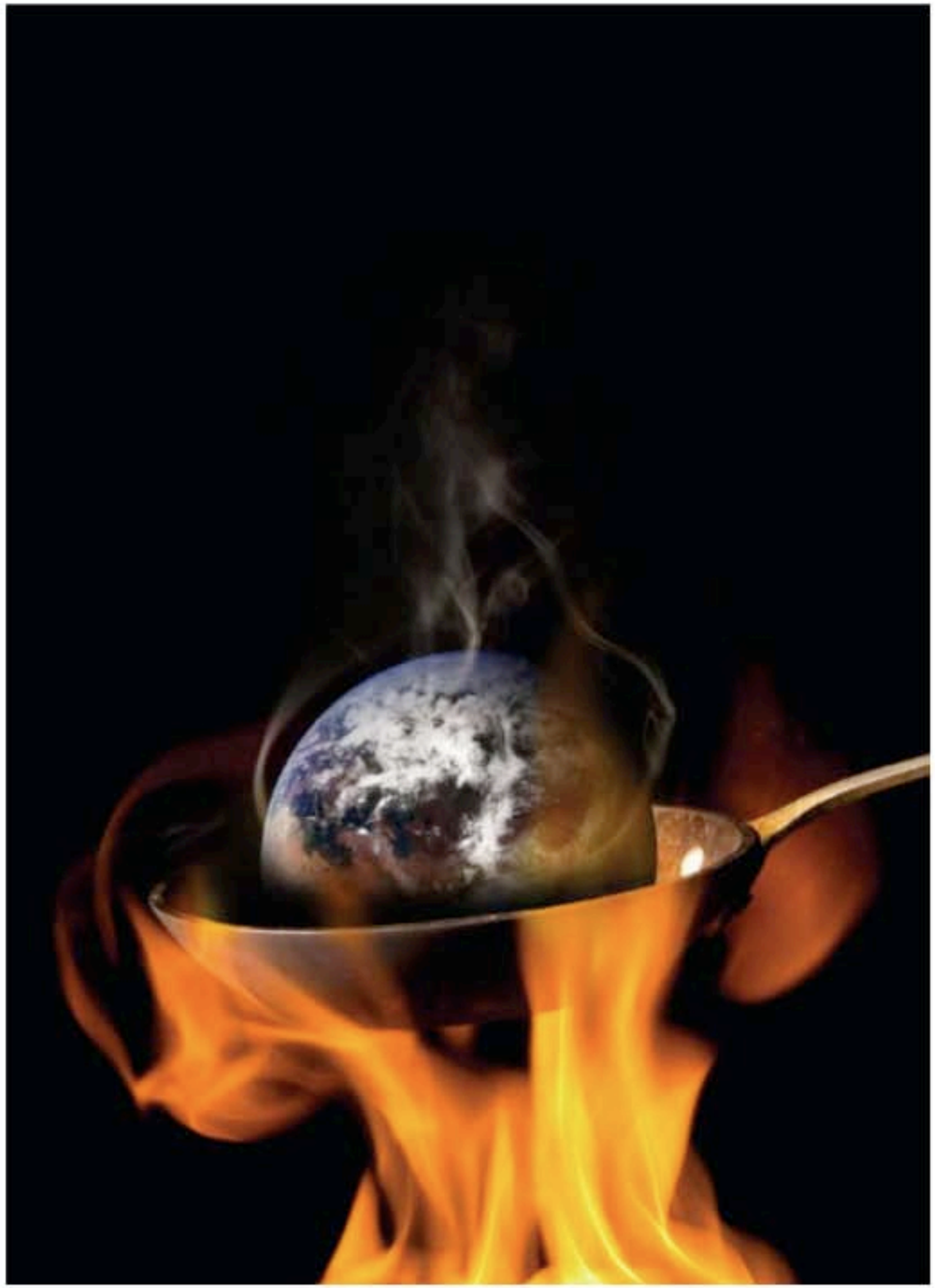
What we eat *does* have an impact on our planet, and you can eat better-tasting, higher-quality food by replacing today's standard-fare, global-warming diet with a cool cuisine.

The discovery that our food choices can reduce global warming inspires new strategies toward creating a more sustainable world. Plus, as chef Laura Stec suggests, the search for solutions to global warming just might be "the best thing to happen to the culinary world in a long time."

Follow Stec as she explores the connections between food and climate through interviews with farmers, doctors, and scientists, all working at the forefront of an emerging food revolution. *Cool Cuisine* offers tasty recipes, tips, and techniques that focus on Seasonal, Local, Organic, and Whole (SLOW) foods that enrich our planet and ourselves. It motivates us to rediscover our relationship to the land, the farmer, and the art of cooking.

Chef Stec partners her exploration with Dr. Eugene Cordero, a climate scientist who offers his perspective on food-climate connections using the latest research findings and no-nonsense data. Paired with Stec's friendly and entertaining style, this combination of culinary art and science both inspires and instructs us for better living.

Contents



1

The Global-Warming Diet

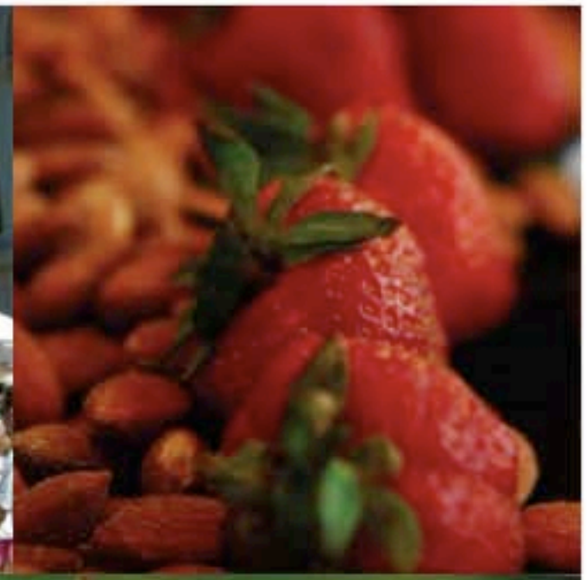
Everyone talks about the weather, but nobody ever does anything about it. —Mark Twain

The most important thing I learned in culinary school had to do with energy. How to cut an onion, how to keep my knife sharp, and why water should be kept as far away as possible from vegetables are close seconds, but this is number one:

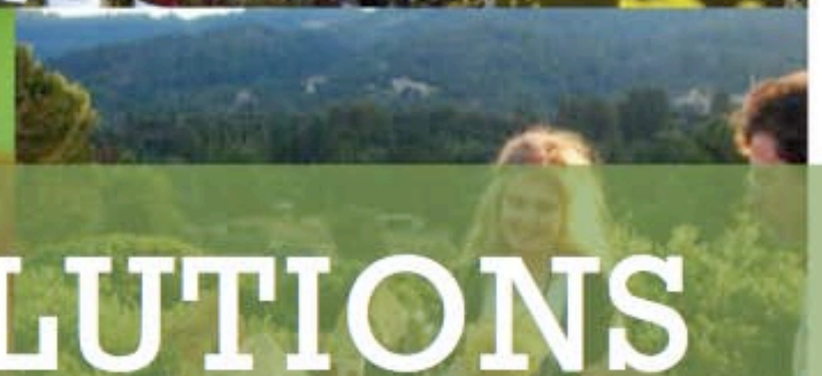
The energy of the cook goes into the food and the energy of the food goes into the cook.

If at first glance this statement appears to offer few clues on how to achieve culinary expertise, keep chewing on it. Food, like oil, is the sun's energy stored in a different form. It appears to be solid, but it is actually a mass of millions of atoms and electrons buzzing around one another. When we swallow that energy, it converts back to fuel, making us a world of solar-powered people. Like the gas we feed our cars, the better the food, the better the power. It behooves us to search out the best food we can find.

Using this energy to its full potential is what healthful cooking is really all about and what makes it exciting! Each carrot, grain of wheat, and piece of meat is a little package of bundled-up energy. Science explains that the power of food comes from the protein, carbohydrates, vitamins, minerals, and antioxidants found within. But the source of these compounds and the strength they exhibit are drawn from an elemental dance between sun, soil, water, and air.



PART TWO



SOLUTIONS

Cool Cuisine—Stage One

Here's a partial list of things you can do. Start with small changes and add on new steps as you go—the higher the stages, the greater the change. Have fun with it!

- Reduce meat consumption, specifically beef, by 20 percent. Replace with three meatless meals per week (or replace a beef meal with chicken).
- Start buying seasonal produce. Use our "What's in Season When?" chart in chapter 5 as a guide.
- Buy produce grown within your own country. Reduce consumption of tropical fruits.
- Reduce consumption of bottled water. Drink water bottled in your own country.
- Reduce food waste—eat what you buy.
- Bring your own bags to the grocery store.

Cool Cuisine—Stage Two

- Reduce meat consumption, specifically beef, by 30 percent. Replace with four or five meatless meals a week.
- Replace two factory-farmed meat meals with meat from grass-fed, pasture-raised animals.
- Eat one or two meals a week using no animal products at all (no meat, cheese, or egg).
- Start shopping at a farmers market, or purchase a community-supported agriculture (CSA) box of produce. Bike to the market when you can.

- Learn how to flavor foods with herbs, spices, and seasonings rather than animal fat.
- Eat three meals a week using organic foods.
- Refill plastic water bottles once from the tap before tossing the bottle (see chapter 4).
- Cook one to three meals a week using unprocessed, unpackaged foods. Buy in bulk if possible.

Cool Cuisine—Stage Three

- Eat three or more meals a week using no animal products (no meat, cheese, or egg).
- Eat five or more meals a week using organic foods.
- Stop drinking bottled water altogether. Buy a water filter and reusable bottles and refill them from your home tap.
- Bring your own cup to the coffee shop. Bike to get there.
- Buy fair-trade, organic, bird-friendly coffee and chocolate.
- Start your own home food-scrap compost pile or convince your city to start one.

Food-Auto Comparison

It's clear that food choices have an impact on energy use and greenhouse-gas emissions, but just how important *are* food choices in comparison to other activities, such as driving a car? We'll use the estimates of carbon intensities of different foods to make this comparison.

First, the average American drives about 10,000 miles (16,100 km) per year. Depending on the vehicle's fuel economy, it emits between 1.8 and 5.2 tons of CO_2e per year.[3] Three types of cars were chosen for this calculation (Ford F-Series truck, Chevrolet Cobalt sedan, and the Toyota Prius hybrid sedan) to represent the different classes of today's popular vehicles. Figure 10 shows the CO_2e emissions of each vehicle.

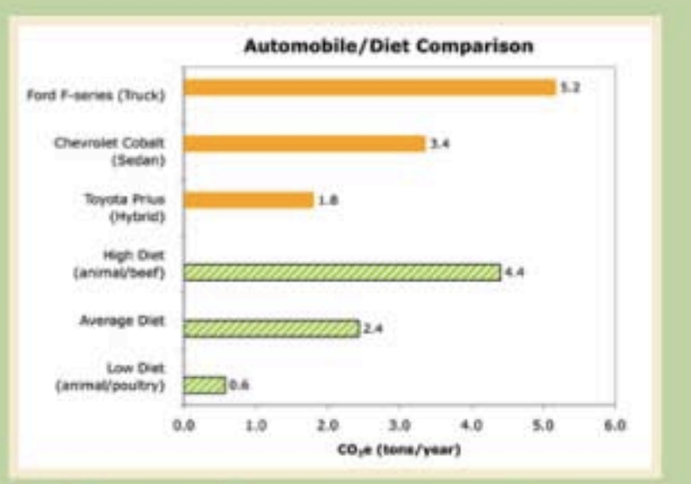


Figure 10. Comparison of the CO_2e emissions associated with driving different automobiles compared with the CO_2e emissions associated with growing and producing the food for three different diets.[4]

Today's U.S. agricultural system provides about 3,700 Calories of food per person per day.[5] From that, we can estimate the amount of CO_2e that is emitted to produce this food because we know the type of food that is eaten (72 percent plant-based and 28 percent animal-based), and we know the carbon intensity of these foods.[6] The result: the average American diet produces about 2.4 tons of CO_2e per year—about the same as driving a car for a year.

Let's see how different eating styles affect carbon emissions. Two diets were chosen to compare with the current U.S. diet (labeled Average Diet, which consumes 28 percent animal-based foods). In the first diet, "High Diet (animal/beef)," the amount of animal-based foods is increased to 38 percent and the type of meat consumed is all beef. In the second diet, "Low Diet (animal/poultry)," the amount of animal product consumed is decreased to 18 percent and the type of meat consumed is all poultry.[7] The results (see Figure 10) show the dramatic effect that changes in diet can have on CO_2e emissions. In fact, the reductions in carbon emissions achieved by modifying one's diet are similar to those achieved by buying a more fuel-efficient car. Thus we can see that adjusting one's diet to include fewer animal-based foods and less red meat is likely to save money and provide health benefits[8] while significantly reducing carbon emissions.

What's the Difference Between Whole Grains and Refined Grains?

White rice is brown rice with its clothes off. Whole grains still wear their bran (fiber-, vitamin-, and mineral-rich outer layer) and germ (antioxidant- and vitamin-rich center). Once the bran and germ are removed, primarily what's left is the starch (endosperm). Whole grains are processed in various ways. Pearl barley is whole barley with most of its bran rubbed off. Bulgur is a cracked and partially cooked form of the whole-wheat berry. Oatmeal is the sliced or flattened form of whole oats. Does this make a difference nutritionally? In a word, "yes."

Quick-digesting carbohydrates, found in refined grains such as white rice and white flour, have come under scrutiny as a surefire recipe for weight gain. Whole grains, however, have complex carbohydrates that are digested and enter the bloodstream at a slower rate than refined grains. This makes whole grains an "energy storehouse" and a steady-burning fuel that keeps insulin and blood-sugar levels more in balance. Studies at the University of Minnesota also show a "synergy" when eating the whole grain. "Research suggests it's the whole food—the whole grain that delivers abundant amounts of antioxidants, vitamins, and phytochemicals—which appears to act together to provide protective effects."[9]

Macrobiotics describes whole foods having an energy, or life force, held within them. This is what the "energetics of food" is all about and what we want to capitalize on when we eat. As food ages or when it is processed, that energy dissipates. A goal for eaters is to get the best energy they can from high-vibe food that is fresh, whole, "drug-free" (no chemical pesticides, herbicides, or fertilizers), and humanely raised. Here, "vibrations" will be the strongest.

Book 'n' Cook Club Ideas

Resources to Find Food

Organic and Local Foods Guide: http://www.localharvest.org/

Farmers markets in your state: http://www.ams.usda.gov/farmersmarkets/map.htm

Field Trips

Your Local Farm—many farms offer public tours. Ask the farmers you buy from at the farmers market if you can visit their farm.

Video Documentaries

The Real Dirt on Farmer John (2005)

Ripe for Change (2006)

Recipes

BBQ'ed Tofu with Lime

Backyard Broiled Figs with Goat Cheese

A SALAD FOR ALL SEASONS:

Spring: Spring Mix with Goat Cheese, Toasted California Almonds, and Fresh Strawberry Balsamic Vinaigrette

Summer: Black Soybean, Roasted Corn, and Beet Salad

Fall: Grilled Persimmon Salad with Maple-Spiced Walnuts, Spinach, and Frisée

Autumn Tempeh Salad

Winter: Spinach with Pear, Pecan, Red Onion, and Artisanal Blue Cheese

Small Things Matter

- Shop at the farmers market; ride your bike to get there if you can.
- Buy organic produce that's in season.
- Search out local brands from our "Most Local Foods Plate."
- Sign up for a community-supported agriculture (CSA) box. By receiving a seasonal box of produce each week, you create a relationship to your local farming community.

Veggie Almond Chili

This chili has a lot of ingredients, but it doesn't take long to assemble. The key to a satisfying vegetarian chili is creating a deep complexity of flavors so people feel like they are eating chili and not vegetable soup. Chili is best cooked the day before, allowing flavors to develop.

SERVES 8

1/3 cup almonds
1 cup emmer grain,* or 1 cup bulgur
2 tablespoons olive oil
1 large yellow onion, chopped
3 cloves garlic, sliced
2 carrots, diced medium
3 sticks celery, diced medium
1 small jalapeño, chopped
1 teaspoon ground coriander
1 teaspoon dried oregano
1 teaspoon smoked paprika
1 tablespoon chile powder
1 tablespoon ancho chile powder (optional but preferable; can use regular chile powder)
1 chipotle chile, finely chopped
2 reconstituted dry or oil-based sun-dried tomatoes, finely chopped
1 teaspoon Dijon mustard
2 tablespoons dry red or white wine
1 (28-ounce) can tomatoes, liquid reserved, or 2 cups chopped fresh tomatoes
6 tablespoons beer (dark is good, such as a chocolate stout or porter)
2 tablespoons molasses
1/2 teaspoon rich-tasting olive oil
2 1/2 cups vegetable stock
1 cup white or yellow hominy, rinsed and drained
1 cup black beans, cooked (canned or homemade. See recipe on pages 28–29)
1/4 cup chopped cilantro
Garnish: Chopped white onion and cilantro leaves, grated cheddar cheese (optional)

Preheat oven to 350 degrees F. Place almonds on baking sheet and bake for 8 minutes, or until light brown. Remove from oven. When cool, finely grind in a food processor.

If using emmer: Rinse emmer and place in a small saucepan with 2 cups of water and a pinch of salt. Bring to boil, cover, reduce heat, and cook 50 minutes. Remove from heat.

If using quick-cooking bulgur: Place 1 cup bulgur in a small baking pan. Boil 2 cups water and pour on top of bulgur. Sprinkle in a pinch of salt. Cover and let sit for 15 minutes, until all the water is absorbed. For more flavor, use 1 cup water and 1 cup stock.

Heat oil in a heavy-bottomed soup pot. Add onion and sauté on medium heat for 5 minutes, until translucent. Add garlic and stir. Add carrots, celery, and jalapeño; stir and sauté for 5 minutes. Add the next 8 ingredients (coriander through Dijon mustard). Sauté for 3 minutes. Add wine and sauté until mixture is almost dry. While cooking, blend half the tomatoes into a purée. Add the beer, molasses, ground almonds, and olive oil. Add both diced and puréed tomatoes. Stir well and lower heat; allow this thick slurry to lightly cook for 10 minutes. Add stock, hominy, emmer, and beans. Cook for one hour on a low heat. Mix in cilantro. Taste and adjust seasonings. Garnish.

*Emmer is an ancient wheat, described as the "grandfather of farro." It is a larger grain than regular wheat and has a distinct richer flavor and meaty-chewy texture—great for chili. I only know one place it grows in the country: Winthrop, Washington. Buy online at www.bluebirdgrainfarms.com.

Recipes

Grass-Fed Beef Crostini with Arugula, Green Peppercorns, and Dry Jack

Often a small amount of meat is all that's needed to satisfy beef-eating family and friends. Serve this elegant appetizer as part of a cool cuisine menu to create that perfect balance.

MAKES 20 APPETIZERS

1 baguette, sliced into 1/4-inch-thick slices
1/2 cup olive oil, divided
2 cloves garlic, peeled
1 pound grass-fed, pasture-raised sirloin or steak, sliced thinly
1 teaspoon lemon pepper
3 cups arugula or spinach leaves
1/4 pound Sonoma Dry Jack cheese, thinly shaved with a vegetable peeler (substitute Parmesan)
1 (3.5-ounce) jar green peppercorns
Salt and freshly ground pepper, to taste

Preheat oven to 350 degrees F. To make crostini, brush baguette slices with oil, rub with raw garlic, and place on a baking sheet. Bake until golden brown, about 10 minutes.

Preheat grill. Rub beef with a little olive oil and season with salt and pepper. Grill until medium rare, remove from heat and let sit 10 minutes on a cutting board.

In a medium-size bowl, toss arugula with 1 teaspoon olive oil and salt. Place 3 peppercorns on crostini. Place thin slices of beef on top of peppercorns. Top with arugula, cheese, and freshly ground pepper.

Variation: substitute capers for green peppercorns.